## **WorkLifeMatters**

## Your Confidential Employee Assistance Program – Helping find balance between work and home life.

WorkLifeMatters provides guidance for personal issues that you might be facing and information about other concerns that affect your life, whether it's a life event or on a day-to-day basis.

- Unlimited free telephonic consultation with an EAP counselor available 24/7 at 800-386-7055
- Referrals to local counselors up to three sessions free of charge
- State-of-the-art website featuring over 3,400 helpful articles on topics like wellness, training courses, and a legal and financial center

WorkLifeMatters can offer help with:		
Education <ul> <li>Admissions testing &amp; procedures</li> <li>Adult re-entry programs</li> <li>College Planning</li> <li>Financial aid resources</li> <li>Finding a pre-school</li> </ul>	Dependent Care & Care Giving <ul> <li>Adoption Assistance</li> <li>Before/after school programs</li> <li>Day Care/Elder Care</li> <li>Elder care</li> <li>In-home services</li> </ul>	Legal and financial Basic tax planning Credit & collections Debt Counseling Home buying Immigration
Lifestyle & Fitness Management <ul> <li>Anxiety &amp; depression</li> <li>Divorce &amp; separation</li> <li>Drugs &amp; alcohol</li> </ul>	Working Smarter - Career development - Effective managing - Relocation	

For more information about WorkLifeMatters, go to www.ibhworklife.com; User Name: Matters; Password: wlm70101

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